

What will happen to the results of the study?

Towards the end of the 18 month study, we will discuss the main findings at a national workshop to help us develop the follow on study. We will present findings at conferences and publish in art, social research and medical journals. (Please note that your name will not appear in any presentation or publications). We will send you a summary of our conclusions, and a full report will be available on our website (www.ncl.ac.uk/changingage/research/projects/ageingcreatively). We will also give a paper copy to the local library.

Who has designed and is organising the research?

The study is by an independent research team from Newcastle University led by Prof Eric Cross. Fionagh Thomson, Vicky Adams, Anna Goulding and Helen Thomas are the study researchers. If you wish to know more about the project and the management team please see the above website

Who is funding the research?

The Lifelong Health and Wellbeing programme of the Medical Research Council is funding the study. For more information please see our website. Ethics approval has been granted by Newcastle University.

If you want more information?

Before you decide if you want to participate, we can provide additional written information, and clarify any details by telephone.



Contact: Fionagh Thomson: Freephone 0800 6940160

E-mail: fionagh.thomson@ncl.ac.uk

Culture Lab, Newcastle University, Grand Assembly rooms,

King's walk, Newcastle-upon-Tyne, NE1 7RU

If am interested in taking part, what do I do now?

Please return the enclosed form of interest and a consent form. Fionagh, Vicky, Anna or Helen will contact you to confirm the workshop and ask if you wish to participate further. If you are no longer interested in participating please tell us when we contact you and we can delete your contact details.



Newcastle University

School of Arts and Cultures,
Newcastle University NE1 7RU



AGEING CREATIVELY:

a pilot to explore the relation between
creative arts & wellbeing in later life.

This is an invitation to participate in a research study.

This leaflet describes the project, and explains what we are asking you to do.
Ask us if you would like more information.

**Thank you for reading this leaflet and considering
whether to take part in the study**



Ageing Creatively

a pilot to explore the relation between creative arts & wellbeing in later life

What is the study about?

The healing use of the creative arts, (e.g. music, dance and painting) has a long history. Some people say that benefits for people in later life include better physical health and quality of life. In this short study we are exploring two questions that we know less about: i) is it always beneficial to participate in creative arts and ii) what is happening during these creative arts workshops that leads to these benefits?

How will we do this?

We have designed 5 workshop series and will invite participants to tell us about their experiences. From these 'lessons learnt', we plan to create a larger study that explores these questions further and asks new questions, such as: could/should creative arts be offered by councils and/or prescribed by your GP?

What would happen if I took part?

You would participate in one of the following workshop series:

- Creative writing
- Exploring short stories/poetry
- Exploring music
- Exploring Art
- Art workshops

We would like to know: the things you liked, you thought less helpful and what you would change? There is no right or wrong answer. You will have time to think through what you wish to say and choose what you wish to tell us. Most importantly we hope that you enjoy the workshops. If you decide to join the study, we will invite you to participate in the following:

1. **Questionnaire (before and after the workshops):** we will ask you to complete a short questionnaire by phone before and after the workshops. Each time we will ask the same 12 questions and ask for your written consent to record your answers. At this point you are not agreeing to participate in the study, only to complete the questionnaire before the first workshop.
2. **First Workshop: a taster session:** in the first session, you will meet the person running the workshop and Anna, Vicky or Helen (one of the researchers). You will have a chance to 'taste' the activity and to ask any questions about the project. At the end, if you wish to participate in the study we will ask for your written consent (if you withdraw we will delete your details).
3. **10 Workshops (weekly):** each workshop lasts for 2 hours. This includes 30 minute for tea/coffee and biscuits at the end of the workshop. During this time, you will be able to record your thoughts if you wish.
4. **Group discussion (post workshops).** Once the workshops have finished, the group will meet for 2 hours to discuss their experiences, which with your written consent will be recorded.
5. **Discussion (all participants together).** In the New Year you will receive an invitation to meet all the participants and facilitators for a day. We will present our initial findings and have an open discussion.

Will all the study information be kept confidential?

All information about you will be kept strictly confidential. Your name and contact details will not be on any study materials; we will use code numbers instead. Code numbers will be stored safely and only study researchers will have access. All recordings will be kept in a secure place for 5 years then destroyed.

Are there any risks?

We foresee no risks. If you have a concern or complaint about the study, please contact Prof Gerry Docherty (g.j.docherty@ncl.ac.uk)

Can I withdraw from the study after saying yes?

You can change your mind at any time and leave the study. You do not have to tell us why unless you choose.

